

## Regional Office

### Northern Region

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**The less you burn,  
The more you earn.**



संस्कृतम्  
Ministry of Petroleum &  
Natural Gas  
Government of India



पेट्रोलियम संरक्षण अनुसंधान संघ  
Petroleum Conservation  
Research Association

PCRA, Sanrakshan Bhavan, 10 - Bhikaji Cama Place, New Delhi- 110 066  
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पेट्रोलियम संरक्षण अनुसंधान संघ

Petroleum Conservation Research Association  
Ministry of Petroleum & Natural Gas, Govt. of India



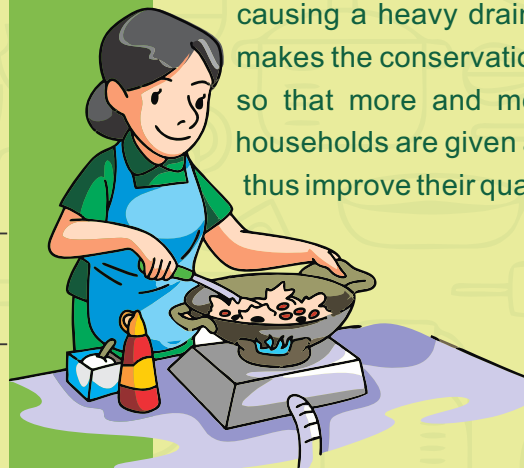
Happy Cooking!

We are the lucky ones who get to use LPG in our kitchens.

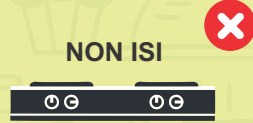
In our country there are still more than 8 crore households who have to rely on dirty fuels like firewood, coal, dung – cakes etc. as primary source of cooking. These fuels cause indoor air pollution resulting in smoke related acute and chronic respiratory and cardio-vascular illnesses amongst women and young children. About 1.3 million people – mostly women and children – die prematurely every year because of exposure to indoor pollution from bio-mass.

To eliminate these potential health hazards, the Pradhan Mantri Ujjwala Yojana was launched on 1st May 2016 from Ballia in Uttar Pradesh, with a stated aim of providing LPG connections to Below Poverty Line households in the country. The scheme is aimed at replacing the unclean cooking fuels mostly used in rural India with clean and more efficient LPG.

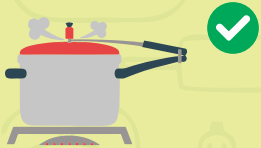
As it is, our country is LPG deficit. As a result, the country had to import 11.0 MMT of LPG at a staggering Rs. 36360 crs. during 2017-18, thereby causing a heavy drain on the economy. This makes the conservation of LPG more relevant so that more and more poor and deprived households are given access to clean fuel and thus improve their quality of life.



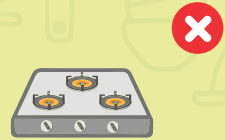
**1** Switch to star labeled/ISI mark Domestic LPG stoves



**2** Use pressure cooker to cook faster and save fuel



**3** Light the stove only after assembling all cooking items



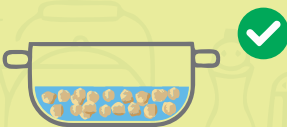
**4** Use optimum quantity of water



**5** Reduce the flame once boiling starts



**6** Cereals should be soaked in water before cooking



**7** Use only broad based vessels



**8** Place a lid on an open vessel before cooking



**9** Small burner on gas stove is more efficient



**10** A bright steady flame means efficient cooking



**11** Clean stove burner at regular intervals



**12** Do not keep food items straight from the refrigerator on the gas burner

